Michigan Department of Education

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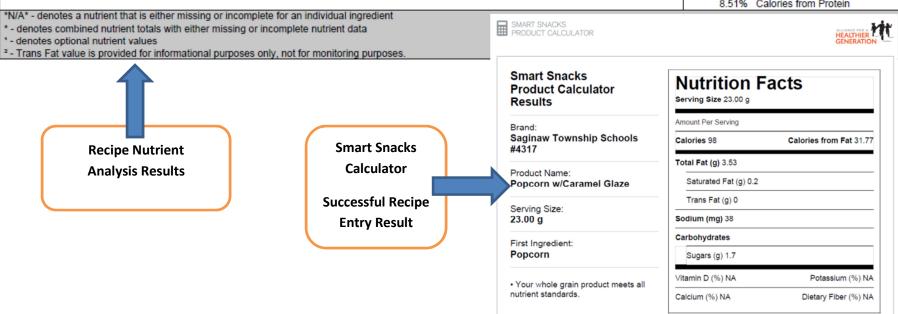
004317 - Popcorn Car glaz-Sag Twp Schls : Sag Twnsp Schls	Components	Attributes
HACCP Process: #2 Same Day Service	Meat/Alt:	-WG Snack
Number of Portions: 45.9	Grains:	
Size of Portion: 3 cups	Fruit:	
	Vegetable:	
	Milk:	

RECIPE #4317: FLAVORFUL POPCORN WITH CARAMEL GLAZE

Ingredients	Measures	Instructions
905217 Popcorn premium 45 to 1, 36g 905218 Oil popping no trans 14g 905219 Seasoning popcorn btr flvrd 1.3g 905237 Glaze Pop caramel	1/2 cup + 1 Tbsp 1 tsp 1/2 cup	Prepare one batch of popcom using 1 1/2 Cups popcom, 3 TBSP oil, and 1 tsp seasoning by combining oil, seasoning, and popcom kernals in popper kettle. Heat until popping ends. Empty kettle of any remaining kernals. Then prepare two batches of popcorn using for each batch 1 1/2 Cups popcom, 3 TBSP oil and 1/4 Cup Caramel Glaze Pop. Combine the three batches to distribute the glazed popcom evenly.
		Portion popcom into 3 cup servings in each 2# Kraft bag. 3 cup serving weighs 23 gm or .82 oz.

*Nutrients are based upon 1 Portion Size (3 cups)

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Calories	98 kcal	Cholesterol	0 mg	Sugars	1.7 g	Calcium	*0.00* mg	32.30%	Calories from Total Fat
Total Fat	3.53 g	Sodium	38 mg	Protein	2.09 g	Iron	0.56 mg	1.79%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	14.81 g	Vitamin A	*441.2* IU	Water¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.61 g	Vitamin C	*0.0* mg	Ash¹	*N/A* g	60.25%	Calories from Carbohydrates
		•				•		Q 5104	Calories from Protein



NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.